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WEDNESDAY, OCTOBER 16, 2024



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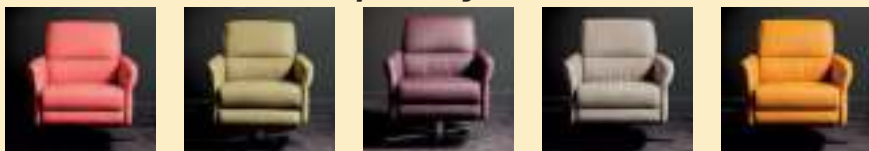
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District Supervisors Establish Goals, Objectives

By Ernie Soller
Community Correspondent

Florida Statutes, in Title XIII, sets up the requirements for the establishment of special districts and in Chapter 189, Section 0694, dictates that performance measures and standards must be established by special districts beginning Oct. 1, 2024, and that such districts must, by Dec. 1 of each year thereafter, publish an annual report on the district's website detailing those goals and objectives, and whether they were achieved or not.

In working with the Lakewood Ranch Community Development District boards, the Town Hall staff, in cooperation with attorney Andrew Cohen, has established guidelines for setting such goals and objectives, dealing with such things such as whether the boards have regular monthly meetings, the system for setting district budgets, whether budgets are set to include both regular operating expenses as well as reserves for unusual expenditures, the means of paying for district expenses, auditing of district finances, etc.

Fortunately, in Lakewood Ranch, we have a history of properly dealing with such items and district financial audits have, over the last several years, proved that the districts' finances have been handled in a careful and appropriate manner. Financial audits of the districts have come up as being "clean," or free of concerns.

Our Town Hall staff members have consistently been very responsive to the requests of the Districts boards, and things have worked quite well.

So, no issues should come of this new reporting/achievement law.

ENGINEERING WORK ASSIGNMENT

Each of the Lakewood Ranch CDD boards

approved their work assignment contracts with Dewberry Engineers for district engineer of record services.

Dewberry is the civil engineering firm that takes care of things such as the required inspections of our drainage facilities, among other items, and which may be called on to perform inspections of road drains, etc., depending on the need.

LAKE UIHLEIN BANK EROSION MITIGATION

The work to complete the Lake Uihlein bank erosion mitigation has fallen a bit behind, due partially to weather events, and the contractor doing the work has promised to add additional staff in order to complete the work by the end of October.

PAVEMENT MANAGEMENT STUDY

The pavement management study focused on Districts 2 and 5 roads in the Country Club is almost complete. The engineering firm that has conducted the study will present it to Town Hall staff for their perusal and after the staff has had an opportunity to ask questions about the findings, the study will be presented to the boards of those districts in a few weeks.

This pavement management study will assist those boards in determining which areas need attention soonest, and from that information, the boards can then proceed to decide just how to accomplish the paving needs of their districts, including how to pay for upcoming paving projects, since paving costs have essentially escalated in the last couple of years.

IDA

The Inter-District Authority Board of Lakewood Ranch has established their 2025 holiday/payroll calendar.

LAKWOOD RANCH BLUES FEST TICKETS AVAILABLE

Tickets are now available for the inaugural Lakewood Ranch Blues Fest, which will be held at Waterside Park, an 8-acre island on Kingfisher Lake in Waterside Place. The event will be held Saturday, Dec. 7.

Tickets cost \$75 for general admission and \$150 for a reserved seat. Reserved seating is at the front of the stage and comes with a cushioned seat.

Festival-goers can donate \$10 to the nonprofit, Mayors Feed the Hungry program.

The Blues Festival, which runs from 9 a.m. to 8 p.m., has also announced the music lineup. Scheduled to perform are:

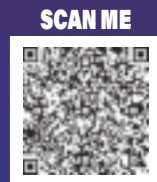
- Melody Angel, 10 a.m. to 11 a.m.
- Dylan Triplett, 11:20 a.m. to 12:20 p.m.
- Mitch Woods & His Rocket 88s, 12:40 p.m. to 1:45 p.m.
- Kat Riggins, 2:05 p.m. to 3:10 p.m.
- Monster Mike Welch, 3:30 p.m. to 4:40 p.m.
- Vanessa Collier, 5 p.m. to 6:10 p.m.
- Danielle Nicole Band, 6:30 p.m. to 7:40 p.m.

For more information visit lakewoodranchbluesfest.com, email info@lakewoodranchbluesfestival.com, or visit Facebook or Instagram.



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October Programs at Chabad of Bradenton & Lakewood Ranch

Please note that all events will take place at the Chabad House at 5712 Lorraine Road, or at the virtual Chabad House at chabadofbradenton.com/zoom, unless otherwise noted.

Talmud Classes

Mondays, 7:30 - 8:30 p.m.
At Chabad House and on Zoom
Explore the Talmud and its laws in its original text. No prior knowledge of the Talmud or Hebrew is necessary. Book fee: \$45.

Torah Studies

Saturday mornings, 9 - 9:30 a.m.
At the Chabad House
Participate in a fascinating class on the Torah portion of the week. Discover the mystical meanings and lessons behind ancient stories. Admission is free.

Weekly Shabbat Services

Friday nights, 7 p.m.; Saturday mornings at 9:30 a.m., Shabbat Kiddush at noon
At the Chabad House
Enjoy warm, family friendly services at The Chabad House. Saturday morning services are followed by a delicious buffet Kiddush.

Tanya Class

Thursday mornings, 9-9:30 a.m.
At the Chabad House and on Zoom

Delve into the secrets of the soul with Rabbi Mendy at this weekly Tanya class. Admission is free.

Chabad Hebrew School of the Arts

Sunday, Oct. 26, 9:30 a.m. to noon.

At the Chabad House

Give your child the experience of a lifetime at CHS featuring an outstanding curriculum, professional and warm teachers, hands-on lessons, CKids motivational system, and an innovative Hebrew reading Aleph Champ program.

CKids Sukkot Space Station

Sunday, Oct. 20, 11 a.m.

At the Chabad House

This Sukkot, celebrate the stars, milky way and galaxies. As astronauts, you'll be called to fulfill a series of starship-4 engineering missions before building your very own intergalactic space colony where we'll visit our space friends' sukkahs on the moon. Spacewalkers, your mission begins now! Cost is \$15; free for CHS families. Sponsor the event for \$180.

Sliders in the Sukkah

Sunday, Oct. 20, noon

At the Chabad House

Celebrate Sukkot with Chabad's "Sliders in the Sukkah" party! Par-

take from a delicious DIY burger bar and enjoy lively music, a game truck, axe throwing, inflatable fun, children's activities, and more! Shake the Lulav and Etrog! Attendance is free; donations appreciated. Sponsor for \$360.

CTeen Sukkot Chocolate Party

Tuesday, Oct. 22, 7 p.m.

At the Chabad House

Join CTeen for a Chocolate in the Sukkah party! Enjoy chocolate art! S'more Sukkah! Sukkot L'cocoa and chocolate wars! Cost: \$20 or CTeen members free. Annual membership \$245.

Dancing with the Torah

Thursday, Oct. 24, 7:15 p.m.

At the Chabad House

Come celebrate and dance away with lively hakafot-dances, l'chayim and drinks, lavish Kiddush buffet, flags and treats for the children, and holy Torahs! Bring your family and friends to the celebration that unites Jews of all walks of life. Admission is free; donations appreciated. Sponsor for \$500.

For more information on any of the ongoing events or to reserve, call Rabbi Mendy Bukiet at (941)752-3030, email rabbii@chabadofbradenton.com, or visit the Chabad website at chabadofbradenton.com.



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Attorney Kevin Pillion received his Juris Doctorate from Georgetown University Law Center and has been practicing law since 1990. He is licensed to practice law in Florida & Washington, DC and is also a Certified Public Accountant. He is a member of The Florida Bar, Washington DC Bar, American Academy of Estate Planning Attorneys, National Academy of Elder Law Attorneys, National Elder Law Foundation, Florida Academy of Elder Law Attorneys, Life Planning Law Firms Association, and the Florida Institute of Certified Public Accountants. Kevin recently obtained his National Certification in Elder Law (CELA®) from the National Elder Law Foundation, and he is accredited by the Department of Veterans Affairs.

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Luke Schaufuss in Johan Kobborg's *Napoli Act III* | Photo by Frank Atura

Bar Italia

Italian food in a modern “Florida feel” setting

By Ernie Soller
Community Correspondent

What mental image do you get when a friend suggests a new Italian restaurant he or she has discovered?

Tile floors?

Dim lighting?

Short Chianti bottles with candles stuck in their necks?

Checkered tablecloths?

Wait staff dressed in black with long white aprons?

Something like the restaurant scene from “The Godfather”?

All of the above?

Well.....There’s a new place located on the south side of University Parkway called Bar Italia, and, yes, the food choices are primarily Italian, but it has a very different vibe from what you might expect from an Italian restaurant.

The floors are not tile, but appear to be concrete of a color not unlike old marble. The lighting is not overly dim, and, no, you won’t have to ask your server for a flashlight in order to read the menu.

There are no old chianti bottles on the tables, and you will find white tablecloths, not checkered, in the main indoor dining areas.

The wait staff members wear long aprons, but they are not white, indicating a little less formal dress code. And, unlike Louie’s restaurant, in the movie, there is no neon sign in the front window.

So, what will you find at Bar Italia?

Well, for starters, the architecture of Bar Italia might be called an exercise in black-and-white. The inside walls have a largely white stucco look, and the structural components of the building are black, with lots of window space to let the Florida light in—without the Florida broil. If the weather is good, you can opt for a table outside, either under an umbrella or under a portion of the roof.

There was a large black-and-white photograph on the wall near our table, showing an attractive girl applying lipstick, using the rear-view mirror of her Vespa, with an old Roman aqueduct in the background. If that’s too much black-and-white for you, there is also a large colorful portrait of a woman on another wall, near to the busy kitchen, which takes up about a third of the building.

There are lots of tables, with comfortable seats (no hard “bent-wood” chairs here!), so you’ll want to have a leisurely meal, maybe with a drink or two, or perhaps a bottle of wine. Bar Italia offers homemade limoncello!

It should be mentioned that, on Thursdays, wine by the bottle is offered at half-price. It’s Wine Night!

As for the wine list, even though Bar Italia offers several bottled beer selections, and there are a number of very interesting cocktails on the libation menu, wine is king here. There are at least 35 different wines on the Bar Italia wine list, including seven Italian reds, six cabernets, sixteen whites of various types, a half-dozen sparkling choices, and a host of others. The decisions are yours.

Now, as for the food, we started off with a recommendation from our server, Kelly, with an order of Bruschetta Alla Enzo. This consisted of wood-fired crostini, tomato, basil, and fresh



PHOTOS BY ERNIE SOLLER



mozzarella, and featured two kinds of small tomatoes. Quite tasty.

Bar Italia offers a multitude of pasta dishes, and they make their own pasta in-house daily. Fresh pasta is a key ingredient to great pasta dishes. Bar Italia also has a selection of pizzas, and you can order in advance, and pick up your order there.

For our main course, my wife chose the Crispy Chicken Limone, which was prepared with a parmesan crust, and served with arugula in a lemon-butter sauce.

Note: if you watched the NBC broadcasts of the Olympic games, you may have seen the segment which dealt with the idea that “cooking with butter makes everything taste better”. I took a small “sample” of her chicken, and I must admit, that, even with my being a non-lover of chicken, I enjoyed it. She didn’t finish her portion, and I finished it for her for lunch the following day! Even re-heated, it was very good.

As for my choice, I have always loved halibut, so I ordered the Seared Halibut Risotto, which came with a small piece of the fish, and a mushroom parmesan risotto. The risotto with the mushrooms was excellent.

For dessert, she chose spumoni ice cream, a rarely-found Italian treat, while I ordered something called an Affogato, which consisted of a cookie and a scoop of vanilla gelato, drowned in hot espresso. This dessert was excellent, and when it was

brought to our table, I noticed that other patrons were eyeing it. I hope that they ordered it, too, as it was very, very good.

The food is good, the service by Kelly was efficient without being pushy, and, at our request, she suggested a couple of items which we may have passed over if left on our own.

Altogether, an enjoyable evening.

The patrons we observed during our stay at Bar Italia were of multiple age groups, from younger folks up to and including older diners. We even saw a couple of families with small children.

The two-sided bar area is set up for a crowd, with a “secondary” narrow table a few feet removed from the bar seating, and equipped with stools, so that if you don’t get a seat right away at the bar, you can gravitate to the secondary section, and you won’t have to stand while enjoying your drink.

Bar Italia is located at 6568 University Parkway, east of Lakewood Ranch Boulevard.

Bar Italia is open for lunch Monday-Sunday from 11 a.m. to 3 p.m.

They offer Happy Hour Monday-Friday from 3 p.m. to 6 p.m.

Dinner hours are Monday-Thursday 3 p.m. to 10 p.m., on Friday from 3 p.m. to 11 p.m., and on Sunday from 3 p.m. to 9 p.m.

The slogan on Bar Italia’s menu?

“All you need is love and pasta!”

Groundbreaking Held for Star Farms at LWR Poolside Bar & Grill

Forestar Group Inc. recently announced the groundbreaking of The Palm Bar, a new restaurant in the resort campus of Star Farms at Lakewood Ranch. With multiple entertainment spaces, including an outdoor atmosphere with alfresco dining, this dining experience offers the best of Florida-style living. Menu items include tasty foods served hot off the grill and freshly prepared salads paired with frozen and fruity beverages.

Groundbreaking ceremony attendees included Forestar team members Tony Squitieri, West Florida Region vice president; Ted Gadoury, land development amenity manager; John Barnott, investments and development director; and Christian Cotter, region director of resort hospitality.

“We are thrilled to introduce the expansion of the resort campus with another uniquely designed dining experience for our residents and guests,” Squitieri said. “We have set out to create a tropical poolside bar and grill for guests to enjoy the fresh air and relaxing dining atmosphere.”

Scheduled to open in late spring 2025, The Palm Bar will be located in The Resort Club,



the social hub of Star Farms at Lakewood Ranch. The Resort Club is an innovative, amenity-rich campus, including a hospitality-staffed facility, where members explore interests, stay active and connect with friends. The initial phase showcases a resort-style pool and spa, poolside cabanas and beach areas, a

pet park, Trade Route Coffee Shop, Star Fit Wellness Complex - Fitness and Performance Centers, community lawn, courtyard and golf cart parking, The Palm Bar, and outdoor activities. The Terrace – Chef’s Patio, events center, and a mail kiosk are planned for future phases. Upon completion, Star Farms

will offer four resort campuses: The Resort Club, Junction Place, Adventure Retreat and Cabana Corner, in addition to greenways and trails.

Surrounded by the natural beauty of South-west Florida, Star Farms at Lakewood Ranch is a multigenerational lifestyle community that offers an experience tailored to residents. The 700-acre, gated village is a resort ranch hometown featuring 1,500 single-family homes, paired villa retreats and townhomes with a variety of amenities, clubs and hospitality services. Star Farms is minutes from dining, shopping and cultural activities as well as top-rated beaches.

“Star Farms is a vibrant multigenerational village that offers a diverse range of amenities, designed to enrich the lifestyle of all who call it home,” said Sandy Shahinian, VP of sales and marketing for Lakewood Ranch Communities. “It exemplifies our commitment to offer dynamic communities where residents of all ages can thrive.”

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LAKEWOOD RANCH COMMUNITY ACTIVITIES

Building a true sense of community, through memorable events and social clubs.



By Danielle Bugel

The Lakewood Ranch Youth & Teen Fishing Tournament was a splashing success! On October 5th, excitement filled the air as kids and teens gathered for our annual Fishing Tournament. This much-anticipated event not only provided a chance for young anglers to showcase their fishing skills but also created an atmosphere rich with laughter, camaraderie, and lasting memories.

Thanks to our presenting sponsor, Grace Community Church, participants were able to enjoy a day of fishing, fun, and community spirit. A special shoutout goes to the Lakewood Ranch Angler's Club, one of LWRCA's dedicated Groups & Clubs, for hosting the tournament and ensuring that everyone had a fantastic experience on the water. We witnessed some impressive catches, inspiring competitiveness and plenty of smiles, making it a day to remember for all involved.

If you're still itching to cast a line, don't miss our upcoming "Learn to Fish" session happening on at 10 a.m. Saturday, Nov. 16, in James L. Patton Park. Join us and discover the joy of fishing! You can register now at LWRCA.org.

As October moves forward, our largest event of the year is creeping around the corner! Mark your calendars for our annual BooFest on Main Street, Presented by the Early Learning Coalition of Manatee County. Set to take place from 6-9 p.m. on Friday, Oct. 25, Lakewood Ranch Main Street will transform into a haunted haven, brimming with festive activities for ghouls and goblins of all ages. Enjoy thrilling games, chilling treats, live music, and eerie entertainment. Trick-or-treating will also be available through a spooky Kids Korner, ensuring fun for the whole family! No registration is required, but details can be found at LWRCA.org.

A heartfelt thank you goes out to all of our BooFest event sponsors: Early Learning Coalition of Manatee County (presenting sponsor), Baby Fox Academy of Florida (Kids' Korner sponsor), Fence Fanatics LLC (stage sponsor), Music Compound Manatee (performance sponsor), and Lakewood Home Services (Spooky supporter). Your contributions help make these amazing community events possible!

Ready to "fall" into a new hobby, make new friends, and create lasting memories? Explore our fall Parks & Recreation programs, featuring adult fitness classes such as Pilates in The Park, Strength+Mobility+Balance, and Sunset Stretch, as well as holiday crafts for kids, including a Thanksgiving centerpiece workshop! To register for these and many more inclusive programs for all ages and interests, visit LWRCA.org.



If you're looking to give back this season, our volunteer platform, POINT, offers numerous opportunities for community involvement. Partnered with the Lakewood Ranch Business Alliance and the Lakewood Ranch Community Foundation, we aim to make volunteering in Lakewood Ranch seamless and rewarding. For volunteer opportunities, please visit lwrcf.org/volunteer.

We appreciate the continued support and enthusiasm from our community members that makes events like these so memorable. We can't wait to see you all at our upcoming festivities and share more moments of fun, friendship, and community spirit together. See you around The Ranch!



PRESENTING SPONSORS



SUPPORTING SPONSORS



Lakewood Ranch and Cecilian Partners Celebrate PropTech Breakthrough Award for Residential Property Management Platform of the Year

Customer Blueprint recognized as a game-changer in resident engagement and community management

Lakewood Ranch and leading proptech firm Cecilian Partners are excited to announce that the recently launched resident lifestyle platform, Customer Blueprint, has been awarded the PropTech Breakthrough Residential Platform of the Year. Lakewood Ranch was the first to launch and actively collaborate in the design of the groundbreaking platform.

Customer Blueprint elevates the resident experience by providing an all-in-one, integrated digital solution for community management and resident engagement. Lakewood Ranch was instrumental in shaping the platform and ensuring it met the needs of modern residents and community managers.

“Lakewood Ranch is expansive and offers a wide array of amenities and a vibrant events calendar,” said Sandy Shahinian, vice president of sales and marketing for Lakewood Ranch Communities. “Customer Blueprint has played a key role in making the vibrant lifestyle at Lakewood Ranch even more accessible, strengthening connections among residents and enriching the sense of community.”

Part of Cecilian’s proprietary Residential OS, Customer Blueprint gives residents seamless access to all aspects of community living, from event tickets to facility reservations and amenity details. As a centralized hub, the platform consolidates community management tasks, streamlines communications, and pro-

vides real-time insights into resident behavior, allowing communities like Lakewood Ranch to make data-driven decisions that continually improve the resident experience.

The PropTech Breakthrough award highlights Cecilian Partners’ dedication to propelling the future of community development technology and emphasizes Lakewood Ranch’s role as a pioneer in adopting and helping design this game-changing platform. Together, the companies are redefining what it means to foster a connected and thriving residential community.

“Lakewood Ranch has always been a leader in innovation and resident experience, making it a natural partner for bringing Customer Blueprint to life,” said Philip Worland, co-founder and chief product officer at Cecilian Partners. “The team’s insights and feedback, combined with real users in the platform, helped us develop a product that can scale across the industry and sets a new standard for resident engagement.”

Since launching in February, Customer Blueprint has seen rapid adoption within Lakewood Ranch on myLWR.com, with over 4,000 residents and 1,500 non-residents already registered. The platform’s user-friendly interface and dynamic capabilities have made it a critical tool in managing one of the country’s most complex and successful master planned communities.

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BOOFEST

PRESENTED BY:



Friday, October 25th
6:00 PM – 9:00 PM
Lakewood Ranch Main Street
FREE EVENT!

- 🎃 Live DJ
- 🎃 Entertainment
- 🎃 Performances
- 🎃 Food & Drink Vendors
- 🎃 Trick-or-Treating
- 🎃 Kids’ Korner
- 🎃 and MUCH MORE!

HOSTED BY:



Food Drive to be held at The Lakewood Ranch Information Center

The Lakewood Ranch Information Center will be hosting a food drive from Nov. 1-22. The Information Center, located at 8131 Lakewood Main Street, is open 10 a.m. to 5:30 p.m. Monday through Saturday, and noon to 5 p.m. Sunday.

The event will benefit The Food Bank of Manatee, which is the only food bank located in Manatee County and the largest hunger-relief organization based in Manatee County, helping our local neighbors in need. In addition to its direct distributions, The Food Bank of Manatee supports more than 75 partner agencies in Manatee County who are on the hunger frontlines; 100% of the food collected in Manatee County stays in Manatee County.

The Food Bank of Manatee is an independent food bank; they rely 100% on the support of the community to make sure the shelves are always stocked. They rely on businesses, organizations, neighborhoods, faith groups and families to help feed food-insecure families.

Below is a list of critically needed items:

- CANNED VEGETABLES
- BOXED RICE
- OATMEAL
- BABY CEREAL & FORMULA
- BOXED PASTA
- POWDERED MILK
- CANNED FRUITS
- CANNED SOUPS
- APPLESAUCE
- MAC 'N' CHEESE
- CANNED MEAT
- DRIED BEANS
- PEANUT BUTTER
- 100% FRUIT JUICES
- TRAIL MIX
- JELLY
- BREAKFAST BARS
- HEALTHY CEREALS

In addition, the 24th annual Empty Bowls fundraiser will be held on Lakewood Main Street from 11 a.m. to 1 p.m. Nov. 8. Cost is \$35 for general admission tickets, or \$50 for VIP (early admission (in advance) and \$40 and \$60 on the day of the event. Participants will be given a hand-made bowl, and enjoy soup, bread and desserts donated by local restaurants.

Proceeds benefit The Food Bank of Manatee County.

For more information about The Food Bank, call (941)747-3663 or visit mealsonwheelsplus.org/food-bank-of-manatee.



By Brittany Lamont, president & CEO

The Lakewood Ranch Business Alliance is committed to supporting the success of our members through unparalleled access to business connections, resources, and advocacy.

Recently we launched our first Washington, D.C., advocacy trip with members of the Governmental Affairs Committee (GAC) and the board of directors. This trip allowed us to meet with our federal representatives on key issues affecting our business community in the Lakewood Ranch region. Topics of conversation included infrastructure, affordable housing, workforce, childcare, insurance and more. Meetings were held with U.S. Congressman

Vern Buchanan, U.S. Congressman Greg Steube, U.S. Senator Rick Scott and the U.S. Chamber of Commerce

This summer, we also worked with our local partner organizations on the 2024 Meet the Candidates event. This event provided an opportunity to businesses in the community to meet and mingle with the candidates running for public office in the two-county region.

Welcome to our new members!

- Age Reversal Technology Center
- All U Need Pest Control
- Clarke Communication LLC DBA The UPS STORE 6659
- Courtyard Sarasota Airport
- DEX Imaging
- Fehlsafe Water Systems
- Green Label Title
- Humble Hearts Caregivers

- JH Global, Inc.
- Original Wolfies Deli, Bakery and Takeaway
- Popstroke
- Real Property Management Horizons
- Resting Rainbow
- Row House Lakewood Ranch
- Synergy Outdoor Living
- Women's Care

You can connect with these new members and hundreds of others at the 35th Annual Hob Nob event from 4:30-7:30 p.m. Oct. 30 at Lakewood Ranch Library!

For more information on how you can join our over 750 member businesses and the Alliance mission, please visit our website: www.LWRBA.org or contact our Membership Development Manager at TimEstep@LWRBA.org

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LAKEWOOD RANCH



WATERSIDE
PLACE

HEALTH AND WELLNESS

Clarifying Breast Cancer Screening Terminology

By Lori Boyd, Director of Marketing,
Lakewood Ranch Medical Center

Breast care navigator, Denise Andrews, BS, RDMS, RVT, BHCN, of the Breast Health Center at Lakewood Ranch Medical Center reviews some of the frequently used terms patients might hear regarding their breast health.

“Breast self-examination is a monthly physical examination of the breasts to help find lumps that could indicate cancer. A clinical breast examination is a physical examination of the breasts by a doctor or nurse, with the same intention of finding lumps that might be an early indication of cancer,” Andrews said.

“Screening mammograms are preventive measures for women with no concerns or symptoms,” Andrews said. “A diagnostic mammogram is ordered if someone is having symptoms such as pain, a lump or other physical changes in the breast.” This type of mammogram will focus on the area of concern to get more information.

According to the American Cancer Society, breast cancers found during screening mammograms are more likely to be smaller and less likely to have spread outside the breast, making cancer treatment easier.



Denise Andrews, BS, RDMS,
RVT, BHCN
Breast Care Navigator

Cysts may show on your imaging results, and there are different types of which to be aware. “Simple breast cysts are non-cancerous (benign) fluid-filled sacs in the breast. They occur most often among premenopausal women and typically don’t require any treatment. The fluid can be easily removed if they cause tenderness or pain,” Andrews said. “They don’t increase your risk of breast cancer and don’t turn into cancer.”

Complicated breast cysts may have cloudy fluid inside them, and their borders may be irregular. “These cysts might be aspirated with a needle biopsy to remove part of the breast tissue or cells, which can then be sent to a laboratory for analysis,” Andrews said. “Sometimes, the physician may wait and schedule a follow-up visit in six months, as there is a low chance of it being cancerous.

“Complex breast cysts are a step up from complicated cysts and have a mix of fluid and solid components. They are estimated to be breast cancer in up to 20% of cases.

“A physician will typically biopsy the breast tissue for lab analysis,” Andrews said.

“Your physician may have mentioned that your mammogram shows you have dense breast tissue,” said Andrews. “Breasts are made of fat and glands that produce milk and are held together by fibrous tissue. Women with dense breasts (approximately 40% of women over age 40) have more glands and fibrous tissue, compared to fatty tissue, which can look white on a mammogram, making it more difficult to detect cancer. Ultrasound and MRI

are sometimes used as additional tests to help detect cancer in patients with dense breasts.

“As women, we are so busy. It can be easy to put off taking care of our health, especially when we’re feeling well. But it’s essential to schedule your screening mammograms,” said Andrews. “It’s the best way to find cancer early, when it’s most treatable.”

For more information or to schedule an appointment at the Breast Health Center at Lakewood Ranch Medical Center, call 941-782-2264.

Physicians are on the medical staff of Lakewood Ranch Medical Center, but, with limited exceptions, are independent practitioners who are not employees or agents of Lakewood Ranch Medical Center. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website.

American Cancer Society screening recommendations for women at average breast cancer risk are:

- Women between 40 and 44 have the option to start screening with a mammogram every year.
- Women 45 to 54 should get mammograms every year.
- Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms. Screening should continue if a woman is in good health and is expected to live at least 10 more years.

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THE (PET) DOCTOR IS IN!

By Erin Siems, DVM

Happy October! It's time to celebrate. Hurricane season is (hopefully) coming to a close. The humidity is (hopefully) dropping. We are in that sweet spot when our snowbirds are starting to return but the traffic (hopefully) isn't too bad yet. AND ... it's time to celebrate our unsung heroes of the veterinary world as well. Oct. 13- 19 is Veterinary Technician Appreciation Week. This week long celebration is held the third week of October every year and highlights the importance of the team behind the "white coat" and trust me, without the team, there would be no white coats.

People often think of how much the veterinarian does and sometimes consider how much they go through mentally, but our technicians (and entire staff for that matter) are often forgotten. Your veterinary technicians are the front line for your pet's medical care regardless of whether they are sick or healthy. Your pet's technician is their dedicated nurse,



laboratory technician, dental hygienist, anesthetist, emotional support system, friend and companion. Wearing so many hats all at once is both rewarding and exhausting. There are good days and bad days but they keep coming back for more because it is their profession and their calling.

Our technicians are responsible for so much of what us veterinarians get credit for. Our entire team often does not get the recognition they deserve for how hard they work. If you know someone who works in the veterinary industry, take the time to tell them how much you appreciate them and how much they mean to our four-legged children.

Dr. Erin Siems graduated from Ross University School of Veterinary Medicine in 2010, and has enjoyed working in both general practice and emergency care. She has been practicing in the Lakewood Ranch/Bradenton area for the past seven years. She enjoys general practice because it gives her the ability to build relationships with her patients and their families. Dr. Siems opened her own practice, Big Paws Animal Hospital in Lakewood Ranch, in May 2020. Email pet questions to reception@BigPawsAnimalHospital.com.



JOIN US AT OUR NEXT SHOW!

Every month at Lakewood Ranch, we host the best of local music, visual and performance art the Sarasota region offers.

- LWR WIND ENSEMBLE & CHORAL ARTISTS:** Thursday, October 17th @ 6pm
STRINGS CON BRIO: SALUTE TO VETERANS: Thursday, November 7th @ 7pm
MODERN MARIMBA: Thursday, December 19th @ 6 pm

*Check out all of the events
happening around The Ranch!*



LAKEWOOD RANCH®.com





Our Sincere Thanks

The Lakewood Ranch Community Foundation, LWRCF, is excited to announce the Builders Give Back program. For every new home closing, participating builders make a donation to the LWRCF in the new homeowner's name. The developer of Lakewood Ranch then matches each contribution.

With a 'live here, give here' approach, the work of the LWRCF is to support the non-profits making an impact in Lakewood Ranch, as well as Manatee and Sarasota counties. And the Builders Give Back program allows new residents to experience the giving culture of Lakewood Ranch right when they move in, while also benefiting the Foundation. By introducing new homeowners to local philanthropy through this program, we hope to ensure support for LWRCF in the future.



Learn more at lwrfund.org



Builders Give Back

ANCHOR HOMES

WILD BLUE AT WATERSIDE

AR HOMES

WILD BLUE AT WATERSIDE

HOMES BY TOWNE

LAKEHOUSE COVE AT WATERSIDE

JOHN CANNON

WILD BLUE AT WATERSIDE,
MONARCH ACRES, STAR FARMS &
KINGFISHER ESTATES AT WATERSIDE

LEE WETHERINGTON

WILD BLUE AT WATERSIDE &
STAR FARMS

M/I HOMES

NAUTIQUE AT WATERSIDE

NEAL COMMUNITIES

WINDWARD

NEAL SIGNATURE HOMES

THE ALCOVE AT WATERSIDE

PULTE HOMES

SAPPHIRE POINT &
AVANTI AT WATERSIDE

STOCK LUXURY

WILD BLUE AT WATERSIDE &
THE LAKE CLUB





EMPTY BOWLS

HELP FIGHT HUNGER IN MANATEE COUNTY!

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Your support of Empty Bowls will help children, families, and seniors in need, right here in our community. All proceeds benefit The Food Bank of Manatee, a PLUS program of Meals on Wheels PLUS of Manatee. Now, more than ever, we need the support of the community. Guests who attend Empty Bowls select a beautiful handcrafted bowl to keep and enjoy soup and bread donated by local restaurants.

TICKETS*

\$35

General Admission

\$50

V.I.P. (Early) Admission

*Prices listed are prepurchase prices. General admission tickets will be \$40 on the day of the event. VIP tickets are limited and will be \$60 on the day of the event.

Friday, November 8th

11am-1pm

Lakewood Ranch Main Street

8131 Main St • Lakewood Ranch, FL 34202

For tickets, visit:

MealsOnWheelsPLUS.org/EmptyBowls



Funds donated in excess of need will be used to provide nutrition and caring, supportive services throughout the year. Meals on Wheels PLUS of Manatee is a 501 (c)3 organization. The Florida Registration Number for Meals on Wheels PLUS of Manatee is #CH1420. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL FREE 800-435-7352 OR AT WWW.800HELPFLA.COM WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.

